INFORMATION FOR THE PRESS

U. S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service

WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JUNE 5, 1931 (FRIDAY)

THE MARKET BASKET

by

the Bureau of Home Economics,
U.S. Department of Agriculture, and
the Woman's Division of the
President's Emergency Committee for
Employment

FAMILY FOOD GUIDE

Every meal	Milk for children, bread for all.
Every day	Cereal in porridge or pudding.
	Potatoes.
	Tomatoes (or oranges) for children.
	A green or yellow vegetable.
	A fruit or additional vegetable.
	Milk for all.
Two to four times a week --	
	Tomatoes for all.
	Dried beans and peas or peanuts.
	Eggs (especially for children)
	Lean meat, fish or poultry, or cheese.

* * * * * * *

Tomatoes or oranges are important to normal nutrition in the low cost diet, according to the Bureau of Home Economics of the United States Department of Agriculture. In the weekly market orders outlined for individuals of differing ages and families of varying sizes by the bureau in its publication, "The Family's Food at Low Cost," one pound of fresh or canned tomatoes or its equivalent in oranges is allowed for the child two years old or less. Adults must

have from one and one-half to two pounds, the food guide points out.

The choice of canned or fresh tomatoes or oranges may depend entirely on their cost and on the family's preference. At present, fresh tomatoes are expensive except in the Southern States which are now producing them for shipment but as the season advances they will be progressively cheaper. As for the canned variety, bargains are to be found almost daily especially in the No. 2 can. Many stores are selling good quality tomatoes in cans of this size three for a quarter--sometimes cheaper--which means that each one, holding more than a pint, costs about eight cents.

Since there are so many ways of using tomatoes, their use, except in cases of true idiosyncrasy, is almost unlimited. They can be baked plain or stuffed; broiled; fried; stewed; mixed with cheese for tomato rabbit, and baked with onions, cabbage, or celery. Canned corn, cheese, and tomatoes make a delicious combination to serve on toast and many combinations with eggs and rice can be served as one dish meals. Tomato aspic salad which is inexpensive is a pleasant variation for hot weather.

The tomato juice cocktail, which has so recently achieved widespread popularity, is another pleasant way of serving this necessary vegetable. Plain tomato juice may be given to infants as soon as they are permitted to have orange juice with which it can safely be alternated.

The nutritive value of tomatoes has not always been recognized. Less than twenty years ago food and dietary specialists spoke of it as being of no value except as it added color and flavor to a meal. It is now known as an excellent source of Vitamin C, the antiscorbutic vitamin, and a good source of three others A, B, and G, the bureau points out. This means that tomatoes contain the vitamins which promote normal growth and help to keep the tissues of the eye, ear, nose, and throat resistant to infection; stimulate the appetite;

aid in the digestive processes and prevent pellagra.

Investigation has shown that canned tomatoes, if processed by the cold pack method as are all commercial packs, have essentially the same Vitamin C content as field ripened tomatoes even up until nine months after canning. The same is not true of tomatoes canned in the open kettle, for Vitamin C is unstable during oxidation. Many inquiries are received by the bureau on the effect of ripening tomatoes off the vine. The answer is that slightly less Vitamin C develops in the fruit when artifically ripened than when it is permitted to mature in the field. But it does develop to practically the same degree whether ripened in a dark or light room or with ethylene gas.

In addition to the vitamin content, tomatoes develop an alkaline reaction in the body, according to Miss Charlotte Chatfield, head of the Food Composition Division of the bureau. If eaten in liberal quantities they help to counterbalance the effects of acid forming foods like meat, cheese, cereals, and eggs, she says. Since the tendency of the American diet is toward an acid reaction this is a decided advantage.

To the layman the alkaline effect of acid tasting foods, such as tomatoes and citrus fruit, is often puzzling. The various mineral elements in tomatoes, especially potassium, are responsible for their alkalinity. A simple way to fix this fact in mind might be to remember that acid tasting foods seldom increase the acid reaction of the body fluids, but those that furnish large proportions of protein usually do.

Under the Mapes law, passed by the last Congress, canners must label canned foods, including tomatoes, to show the standard of the product. The law regulates the quantities of pulp, juice and skin in canned tomatoes.

A FAMILY OF TEN
including
three adults and seven children should buy every week:

Bread	25 - 35	pounds
Flour	3 - 5	"
Cereal	10 - 12	"
Whole fresh milk	43 - 56	quarts
or		
Canned evaporated milk	43 - 56	tall cans
Potatoes	30 - 40	pounds
Dried beans, peas, peanut butter	2 - 5	"
Tomatoes, fresh or canned, or citrus fruits	12	"
Other vegetables (including some of green or yellow color) and inexpensive fruits	30 - 40	"
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	6	"
Sugar and molasses	7	"
Lean meat, fish, cheese, eggs	10 - 14	"
Eggs (for children)	8	

****

MENU FOR ONE DAY
(These recipes serve 10 persons)

Breakfast

Cooked cereal with raisins
Top Milk
Coffee (adults) - Milk (Children)

Dinner

Beef Stew with Vegetables
Tea (adults) - Milk (Children)

Supper

Baked Egg and Rice in Tomato Sauce
Milk for all
Stewed fruit

****

RECIPES

Beef Stew with Vegetables

3 pounds beef, rump or round
1/2 cup flour
4 onions chopped
2 quarts water
6 cups diced potatoes
4 cups diced carrots
Salt
4 tablespoons chopped parsley

Wipe the meat and cut it in inch cubes. Try out the fat in a skillet and add the meat which has been rolled in the flour. Then transfer the meat and onions to a kettle. Add the water, after first pouring it into the skillet so as to get full benefit of the browned meat flavor. Cover and simmer about 1 hour, add the vegetables, and cook until they are tender. Season with salt and sprinkle the top with the parsley after the stew is placed in the serving dish.

Baked Eggs and Rice in Tomato Sauce

1-1/2 cup uncooked rice
3 cups canned tomatoes
1 teaspoon salt
1 bay leaf
1/2 chopped onion
6 cloves
3 tablespoons fat
3 tablespoons flour
7 eggs
1/2 cup grated cheese
1 cup buttered crumbs

Cook the rice in a large quantity of boiling, salted water about 20 minutes. Drain, wash in hot water, and place over steam. Prepare a sauce by cooking the tomatoes and seasoning for 10 minutes, strain and thicken with the blended fat and flour. Make a layer of rice in a shallow greased baking dish, drop the raw eggs carefully on the rice, pour the hot sauce over the eggs, sprinkle over the top the grated cheese mixed with the bread crumbs, and bake in a moderate oven until the eggs are set. Serve at once.

Tomato Ruffle

1 pound salt pork
2 quarts sliced onions
2 quarts tomatoes
Sugar
Salt
Pepper
4 tablespoons flour
8 tablespoons water

Cook the salt pork until brown and crisp. Add the onions and when they are brown, pour in the tomatoes. Season with sugar, salt, and pepper to taste. Cook about 10 minutes. Mix the flour and water, stir into the vegetable mixer until it thickens and cook for a few minutes longer. Serve on crisp toast.

Tomato Aspic Salad

6 tablespoons gelatin
1 cup cold water
2 quarts canned tomatoes
4 or 6 slices onions
3 teaspoons salt
2 teaspoons sugar
2 tablespoons chopped green pepper
4 tablespoons chopped celery
2 tablespoons chopped parsley
2 cups shredded cabbage

Soak the gelatin in the cold water for 5 minutes. Boil the tomatoes and onion for 5 minutes, strain through a fine sieve, pour the hot tomato juice over the softened gelatin, and stir until it is dissolved. Add the salt and sugar and chill. When the gelatin mixture is partly set, add the finely chopped vegetables, and mix well. Add more salt if needed. If the mixture is not tart enough, add a little lemon juice or vinegar. Pour into wet custard cups and place in a cold place until set, turn out on crisp lettuce leaves, and serve with mayonnaise.

INFORMATION FOR THE PRESS

U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE

WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JUNE 12, 1931 (FRIDAY)

THE MARKET BASKET

by

the Bureau of Home Economics,
U.S. Department of Agriculture, and
the Woman's Division of the
President's Emergency Committee for
Employment

FAMILY FOOD GUIDE

Every meal	Milk for children, bread for all.
Every day	Cereal in porridge or pudding.
	Potatoes.
	Tomatoes (or oranges) for children.
	A green or yellow vegetable.
	A fruit or additional vegetable.
	Milk for all.
Two to four times a week --	
	Tomatoes for all.
	Dried beans and peas or peanuts.
	Eggs (especially for children)
	Lean meat, fish or poultry, or cheese.

* * * * * * * *

New cabbage, one of the most appetizing and nutritious of all vegetables, is on the market now in such quantities that its cost is approximately the same as for last year's crop sold in the winter. It can be bought for from three to four cents a pound according to the Bureau of Home Economics of the United States Department of Agriculture, which highly recommends its use in the more elaborate as well as in the low cost dietary.

A pound of cabbage when cooked makes about five servings. Practically the whole head is edible.

Cabbage is a protective food because of its mineral and vitamin content. Calcium is perhaps its most important mineral. It also contains some sulphur compounds which are responsible for the decided odor that develops when cabbage is overcooked. If cabbage is cooked quickly in an open kettle this undesirable feature will be avoided almost entirely and there will be no tendency to discoloration, the bureau says.

Raw and cooked cabbage differ in their Vitamin C content for heat destroys much of this antiscorbutic vitamin. The loss of this vitamin in heating varies with different vegetables but usually much of it is destroyed in cooking. Some of the soluble substances are left in the liquid after the vegetable is cooked. If this "pot likker" is utilized the loss is lessened.

Raw cabbage ranks with orange juice and tomatoes among the richest sources of Vitamin C. Fortunately raw cabbage is a delicious as well as inexpensive food and lends itself to many combination dishes. It can be served as a salad with other vegetables or fruits, or can be chopped fine for sandwiches. Small children, especially, relish raw vegetable sandwiches and, since a deficiency of Vitamin C causes irritability, lack of stamina, and retardation of growth, foods which offer a generous supply should be eaten in abundance.

Green raw cabbage leaves are richer in Vitamin A and iron than the white ones. The inner cabbage leaves are relatively poor in this vitamin but it is not destroyed to any serious degree by ordinary cooking. Both Vitamins A and C are protective vitamins since they are a defense against nutritional deficiences that are most likely to appear when the diet is composed too largely of grain products, meats, sweets, and fats.

The other important vitamin found in cabbage is known as B, the anti-

neuritic vitamin that prevents beri-beri and stimulates the appetite. This one is more stable than C in cooking.

The bureau sums up the vitamin worth of cabbage by saying that it is most valuable when eaten raw. The proportion of the vitamins lost in cooking depends upon the length of time and whether or not the cooking water with its soluble constituents is saved.

Another virtue of cabbage, in addition to its mineral and vitamin content, is that it adds desirable bulk in a non-irritating form.

There are many varieties of the cabbage family on the market, chief among which are the common cabbage, kale, collards, brussels sprouts, cauliflower and broccoli. All the others are much more extensive than cabbage, which is unique in the fact that it is to be had throughout the year at reasonable rates. Cauliflower, for instance, is often identified as "the cabbage with a college education." We find when we go to market that the more patrician the variety of cabbage, the higher the cost.

New cabbage is available except for the comparatively brief period from the time of heavy frost until January, when the first shipments begin from the Rio Grande Valley of Texas. In the interlude "old" cabbage is on the market.

Children as young as two years old may have cooked cabbage provided it has not been cooked too long. In preparing it for the table the bureau says not to throw away the outer green leaves for they are the most valuable part of the head. Any discarded leaves might well find their way into the soup kettle.

Cabbage sprouts, which grow on the stalk after the head is cut, are very tender and are green practically all the way through. When boiled, they require only about five or six minutes to cook. They are especially delicious if scalloped with cheese sauce or mixed with other greens and cooked with bacon.

A FAMILY OF THREE
including
two adults and 1 child should buy every week:

Bread	10 - 15 lbs.
Flour	1 - 2 "
Cereal	3 - 4 "
Whole fresh milk	9 - 14 qts.
or	tall
Canned evaporated milk	9 - 14 cans
Potatoes	8 - 10 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	4 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	12 - 14 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	2 "
Sugar and molasses	2½ "
Lean meat, fish, cheese, eggs	3 - 5 "
Eggs (for child)	3

* * * * * * * *

MENU FOR ONE DAY

Breakfast

Oranges
Cooked Cereal
Toast - Coffee - Milk

Dinner

Cabbage with Cheese Sauce
Fried potatoes - Crisp bacon
Corn Bread - Jelly
Tea (adults) - Milk (child)

Supper

Cream of Vegetable Soup
Toasted Bread
Egg Salad on Lettuce
Cocoa

****

RECIPES

Cabbage with Cheese Sauce

1 medium-sized head of cabbage
4 tablespoons flour
4 tablespoons butter or other fat
2 cups milk
1/2 teaspoon salt
1 cup grated cheese

Cook the cabbage in boiling salted water until just tender. The length of time depends upon the size of pieces (cut into quarters or eighths, the cabbage should cook in 15 minutes or less). Prepare a sauce of the flour, fat, milk, and salt, cooking in a double boiler. When the sauce is cooked, add the grated cheese, stirring until melted. Pour the sauce over the drained cabbage and serve.

To make cabbage au gratin put the cooked cabbage in a greased baking dish, pour over the sauce, cover with buttered bread crumbs, and bake for about 20 minutes in a moderate oven, or until the crumbs are a golden brown.

Cream of Vegetable Soup

2 tablespoons finely chopped rutabaga turnip
2 tablespoons finely chopped carrots
2 tablespoons finely chopped onion
2 tablespoons finely chopped celery
2 tablespoons melted fat
1 tablespoon flour
1 quart milk
1-1/2 teaspoons salt

Cook the finely chopped vegetables in the fat for 10 minutes, add the flour, and stir until all are well blended. In the meantime heat the milk in a double boiler, add a little of it to the vegetable mixture, stir well, combine with the rest of the milk, add the salt, and cook for 10 minutes. The flavor is improved if the soup is allowed to stand for a short time to blend before serving. Reheat and serve.

Panned Cabbage

Cut the cabbage in small pieces, but do not shred it so that it becomes stringy when cooked. Cook it gently in a heavy skillet in a small amount of fat, using about two tablespoons to each quart of cabbage. It should be cooked for from 5 to 15 minutes, depending upon how young it is. When tender, season with salt, pepper, meat broth, or other desired flavors. If sausage and cabbage are to be served at the same meal, the sausage can be cooked in the skillet first. Pour off most of the fat leaving two or three tablespoonfuls in which the cabbage may be cooked.

Suggestions for Salads:-

Cabbage and carrot salad - equal parts of each vegetable
Shredded cabbage and thin onion rings
Cabbage and crushed pineapple - mixed with mayonnaise
The peppery core of young tender cabbage, chopped and used in place of celery.

--------W--------

INFORMATION FOR THE PRESS

U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE

WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JUNE 19, 1931 (FRIDAY)

THE MARKET BASKET

by

the Bureau of Home Economics,
U. S. Department of Agriculture, and
the Woman's Division of the
President's Emergency Committee for
Employment

FAMILY FOOD GUIDE

Every meal --	Milk for children, bread for all
Every day ---	Cereal in porridge or pudding
	Potatoes
	Tomatoes (or oranges) for children
	A green or yellow vegetable
	A fruit or additional vegetable
	Milk for all
Two to four times a week --	
	Tomatoes for all
	Dried beans and peas or peanuts
	Eggs (especially for children)
	Lean meat, fish or poultry, or cheese

****

The vegetable plate is always a pleasant variation in the diet but right now it begins to take on an added importance because local produce is moving to market in increasing quantities and varieties. This means lower priced vegetables for, although fresh vegetables are always on sale in large cities and most towns, the price may be beyond the reach of families who need to economize on their food.

Potatoes in some form or other are the mainstay of most meals and the

vegetable dinner is no exception. The way in which the potatoes are prepared depends largely on the manner in which the other vegetables are to be served. The accompanying menu, prepared by the Bureau of Home Economics of the U. S. Department of Agriculture, illustrates how to take advantage of the oven for the dinner meal. Since scalloped tomatoes with salt pork are to be served the potatoes are baked. Graham muffins are appetizing with this particular dinner and they can be baked at the same time.

The other vegetable is spinach, chosen not only for its great food value but also because it is especially cheap now. A poached egg is served on the spinach, which should be chopped fine, seasoned and formed into a nest. The egg is an inexpensive but worthwhile addition to a vegetable plate, the bureau points out. It supplies the necessary protein which most vegetables lack.

Aside from the flavor, color, and variety which vegetables bring to a meal and which in themselves are important, they are regarded from the standpoint of nutrition as excellent sources of minerals and vitamins. The minerals belong to a group of substances which regulate the functions of the body and help to build tissues. Throughout life and particularly so during the growing period the minerals are essential to good health. Calcium, phosphorus, and iron are some of the minerals that are found in vegetables and which are most likely to be lacking in the average American diet.

Some adults have to acquire a taste for certain vegetables. "It is hard to teach an old dog new tricks", but comparatively easy to teach the young child to like all vegetables.

A four months old baby can have strained vegetable soup and two or three months later a thicker soup. Then sieved vegetables can follow. In this way a child learns to like the various vegetable flavors before his taste is highly

developed and while his food habits are being formed.

The aim in cooking vegetables should be to increase their palatability, retaining as much of the natural flavor, texture, and food value as is possible. In their natural colors and shapes vegetables look appetizing. Improper cooking, unfortunately may often change their whole appearance. Green vegetables, for instance, turn brown if overcooked. This can be avoided by cooking with the lid off and for a shorter time.

With spinach and other greens add no water other than that which clings to the leaves after washing. The bureau decries the practice of putting a pinch of baking soda in the vegetable water to keep the color. This destroys the vitamins and tends to soften the vegetable and make it mushy. The green color will be retained if the bureau's recommendation of the open kettle and quick cooking method is followed.

Red vegetables, like beets and red cabbage, tend to bleed but unlike the green ones, acid helps to hold the color while an alkali causes it to fade. Yellow skinned onions, white cabbage, turnips, and celery, though almost colorless before heating, turn yellow in the presence of alkaline water. Overcooking causes them to darken. The true yellow vegetables like carrots, squash, pumpkin, and rutabagas are stable in color and are affected neither by acid nor alkali.

All vegetables soften more or less in cooking. But they should be cooked only long enough to become tender so they will keep as much of their original texture as possible. The time varies with the vegetable and the method, but, as a rule, vegetables require much less cooking than they get. The bureau suggests that one reason some children dislike spinach is that it is too often cooked to a mush so that all the chewiness has disappeared.

Serve vegetables as soon as they are cooked. If it is necessary for them to stand for a time they should be removed from the water, no matter how

small a quantity, and reheated quickly just before serving.

A FAMILY OF FIVE
including
father, mother, and three children should buy every week:

Bread	12 - 16 pounds
Flour	1 - 2 pounds
Cereal	4 - 6 pounds
Whole fresh milk	23 - 28 quarts
or	tall
Canned evaporated milk	23 - 28 cans
Potatoes	15 - 20 pounds
Dried beans, peas, peanut butter	1 - 2 pounds
Tomatoes, fresh or canned, or citrus fruit	6 pounds
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 pounds
Fats, such as bacon, butter, lard, margarin, salt pork, etc.	$2\frac{1}{2}$ pounds
Sugar and molasses	3 pounds
Lean meat, fish, cheese, eggs (8 eggs approximate 1 pound)	5 - 7 pounds
Eggs (for children)	8 eggs
Coffee	1 pound
Tea	$\frac{1}{4}$ pound

* * * * * * * * * *

MENU FOR ONE DAY

Breakfast

Cooked Cereal with Prunes - Top Milk
Toast
Coffee (adults) - Milk (Children)

Dinner

Vegetable Plate with Poached Egg
Scalloped Tomatoes with Salt Pork
Seasoned Spinach, chipped fine
Baked Potatoes
Graham Muffins
Iced Tea (adults) Milk (children)

Supper

Creamed Chipped Beef
Toasted Muffins
Fresh Strawberries
Milk for All

* * * * * * * * * *

RECIPES

Scalloped Tomatoes

1 No. 3 can tomatoes
1/2 cup finely diced salt pork
Salt
1 tablespoon chopped onion
1 cup dry bread crumbs
Pepper

Boil the tomatoes and onions about 10 minutes. Cook the salt pork until brown and crisp. Remove the pork and add the bread crumbs to the fat. Stir until well mixed. Mix the tomatoes and salt pork and season with salt and pepper to taste. Put a layer of the crumbs into a greased baking dish and pour in the tomatoes, and cover with the remaining crumbs. Bake in a hot oven until the crumbs are brown. Serve in the dish.

Graham Muffins

1-1/2 cups unsifted Graham flour
2 teaspoons baking powder
1 tablespoon sugar
1/2 teaspoon salt
1 egg
1 cup milk
1 tablespoon melted fat

Mix all the dry ingredients thoroughly. Beat the egg slightly, add the milk, and stir with the fat into the dry ingredients. Do not stir the muffin batter any more than necessary. Bake in greased muffin pans for 25 to 30 minutes in a hot oven (400° to 425° F.)

* * * * * * * * * *

- M -

INFORMATION FOR THE PRESS

U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE

RELEASE FOR PUBLICATION
JUNE 26, 1931 (FRIDAY)

WASHINGTON, D. C.

THE MARKET BASKET

by

the Bureau of Home Economics,
U.S. Department of Agriculture, and
the Woman's Division of the
President's Emergency Committee for
Employment

FAMILY FOOD GUIDE

Every meal	Milk for children, bread for all
Every day	Cereal in porridge or pudding
	Potatoes
	Tomatoes (or oranges) for children
	A green or yellow vegetable
	A fruit or additional vegetable
	Milk for all
Two to four times a week --	
	Tomatoes for all
	Dried beans and peas or peanuts
	Eggs (especially for children)
	Lean meat, fish or poultry, or cheese

* * * * * * * *

A survey of food costs recently completed by the Bureau of Home Economics of the U. S. Department of Agriculture shows that a family of four adults can purchase a week's supply of food, as outlined in "The Family's Food at Low Cost," for an average figure of $8.34.

This is a little more than a dollar more than the figure obtained for the

same family group in January in the same cities. But it does not indicate a rise in costs for in the current study the larger amount of food, as listed in the allowance per week in the bureau's food guide, was used in the calculation. The food guide lists a range in the amount of each food of from 2 to 5 pounds a week to allow for the different methods of cooking and uses of food to which different families would naturally put them. The January figure was arrived at by using the minimum quantity, and the present one was derived from considering the maximum one.

The combinations and proportions of food, in the list for which the average price was obtained, will give good nutrition returns for a limited outlay of money, the bureau says. Families that may need to make drastic reductions in their food budget, could safely live by this food guide, the bureau declares, but there must be great discretion if any reduction is made in the suggested amounts of milk, vegetables and lean meat.

The food needs for one week for a family of four adults, and also several other family groups, appear in considerable detail in the bureau's publication, The Family's Food at Low Cost. The allowance of bread for four adults is from 20 to 25 pounds a week; flour, 4 lbs.; cereal, 4-7 lbs.; whole milk, fresh or canned, 4-14 lbs.; potatoes, 15 to 20 lbs.; legumes, 1-3 lbs.; tomatoes--fresh or canned--or oranges, 6 lbs.; other vegetables, fresh or canned, including some of green or yellow color, and inexpensive fruit, fresh, canned or dried, 20-25 lbs.; fats, 4 lbs.; sugar, including some unrefined cane molasses, 5 lbs. and lean meat, liver, fish, cheese, eggs, 5-10 lbs.

The prices were gathered, as they were in January, at inexpensive or average stores, rather than the more expensive sources. New York City topped the list with $9.03 and Los Angeles was the lowest with a cost of $7.81.

Following are other cities and the figures for filling the market basket outlined: Chicago, $7.88; St. Louis, $7.98; Kansas City, $8.08; Detroit, $8.15; Dallas, $8.21; Pittsburgh, $8.22; New Orleans, $8.23; Washington, D. C., $8.36; Charlotte, N. C., $8.46; Atlanta, $8.94; Philadelphia, $8.99.

The same articles were chosen in each food group in every city and since vegetables and fruits are relatively cheaper throughout the South, cities there showed a lower figure than in the North, with the exception of Charlotte and Atlanta. Inexpensive meat costs are largely responsible for Chicago and St. Louis' placing near the bottom of the list.

Low cost cold meals for hot days are a little bit more difficult to plan for and achieve than cooked ones the bureau says. Delectable cold concoctions usually cost more than plain and simply prepared cooked meals. The low cost food guide has only a small weekly allowance of meat which is often the basis for the cold meal. Cooking meat with potatoes or cereal extends its flavor so much more than if it is eaten by itself. But to-day's menu uses cold sliced picnic shoulder as the mainstay of the dinner, which is not entirely given over to cold food.

If the shoulder is prepared the day before, cabbage could be cooked with it for the latter part of the cooking period and served as one of the hot vegetables for that day. Picnic shoulders, like many cuts of beef and pork, are cheaper right now than they have been in years, and they have the advantage in being the least expensive meat for cutting cold.

Potato salad makes an excellent accompanient for the shoulder. It is an old favorite and has the additional recommendation that it doesn't cost much to make. A hot green vegetable is quite appropriate for the cold meal. Wilted lettuce was chosen since the new loose leaf lettuce can usually be found now in the markets at very attractive prices.

* * * * * * * * *

A FAMILY OF THREE
including
two adults and one child should buy every week:-

Bread	10 - 15 lbs.
Flour	1 - 2 "
Cereal	3 - 4 "
Whole fresh milk	9 - 14 qts.
or	
Canned evaporated milk	9 - 14 tall cans
Potatoes	8 - 10 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	4 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	12 - 14 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	2 "
Sugar and molasses	2½ "
Lean meat, fish, cheese, eggs	3 - 5 "
Eggs (for child)	3 eggs

MENU FOR ONE DAY

Breakfast

Sliced Bananas
Cooked Cereal - Top Milk
Toast
Coffee

Lunch

Tomato Rarebit on Toast
Creamy Rice with Prunes
Tea

Dinner

Cold Boiled Ham
Wilted Lettuce
Potato Salad

RECIPES

Tomato Rarebit on Toast

2 tablespoons butter or other fat
1/2 cup finely cut celery
1/2 green pepper, chopped
1/2 small onion, chopped
2 tablespoons flour
1 pint canned tomatoes
1/2 pound cheese, shaved thin
1 teaspoon salt
2 eggs

Melt the fat in a heavy skillet, add the celery, green pepper, and onion, cook for a few minutes, and stir frequently. Sprinkle the flour over the cooked vegetables, pour in the tomatoes, and add the cheese and salt. Cook over low heat and stir until the mixture thickens and the cheese is melted. Pour some of this mixture into the well-beaten eggs, then pour all back into the skillet, and continue to cook over low heat until thickened and creamy. Serve on crisp toast or crackers.

Creamy Rice with Prunes

1/2 cup rice
1 cup boiling water
1-1/2 cups milk
1/2 teaspoon salt
1/2 cup sugar
2 cups chopped fruit, fresh or dried fruit soaked and cooked

Cook the rice over direct heat in the cup of boiling water. When the water has been almost absorbed put the rice in a double boiler, add the milk, salt, and sugar. Cover and cook until the rice is tender. Mix the rice and fruit and when chilled serve with top milk.

Wilted Lettuce

2 quarts leaf lettuce or the outside leaves of head lettuce
4 tablespoons bacon fat
1/4 cup mild vinegar
1 teaspoon salt

Wash the lettuce thoroughly, and cut into small pieces with scissors. Heat the bacon fat, vinegar, and salt in a skillet, add the lettuce, cover, and heat until the lettuce is wilted. A little sugar may be added if desired. Serve at once.

--------W--------